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# Prenatal Nutrition Module Answer Key

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## Part 1: Eating Right for a Healthy Pregnancy

1. *Check all* that are correct. A pregnant woman:

\_\_\_\_\_ needs twice as many calories because she is “eating for two.”  
\_\_\_\_\_ ☒ can generally get the extra calories she needs by adding a healthful snack or small meal to her daily intake.  
\_\_\_\_\_ should eat lots of desserts and fried foods because she needs lots of extra calories.

2. Mark the following statements **TRUE** or **FALSE**.

**TRUE** Starting with the second trimester, a pregnant woman should get an extra 25 grams of protein a day.  
**FALSE** Vegetarians can’t meet their protein needs during pregnancy since they don’t eat animal products.  
**FALSE** Americans typically don’t eat enough protein daily.  
**TRUE** One cup of milk provides about 8 grams of protein.

3. *Fill in* the blanks.

Experts recommend that all women of childbearing age get adequate amounts of synthetic folic acid daily from multivitamins or fortified foods, in addition to getting food folate from a varied diet. This is to help reduce the risk of \_\_\_\_\_ **neural** \_\_\_\_\_ - \_\_\_\_\_ **tube** \_\_\_\_\_ **defects** \_\_\_\_\_ .

4. *List* three good sources of food folate or folic acid:

**Possible answers include:**

- beans
- breads
- spinach
- cereals
- asparagus
- lentils
- orange juice

5. *Check all* that are correct. To maximize her intake of vitamins A and C, a pregnant woman should:

☐ eat plenty of beef, chicken, and pork.

☒ steam vegetables instead of boiling them.

☒ eat at least five servings of fruits and vegetables each day.

6. All of the foods listed below are sources of calcium. *Circle the four* items that have at least 300 milligrams of calcium per serving.

low-fat yogurt (1 cup)

calcium-fortified orange juice (1 cup)

skim milk (1 cup)

almonds ( $\frac{1}{4}$  cup)

broccoli, cooked ( $\frac{1}{2}$  cup)

canned sardines with bones (3 oz.)

7. Mark the following statements **TRUE** or **FALSE**.

**TRUE** Calcium needs are highest during the teenage years.

**FALSE** Only dairy foods provide significant amounts of calcium.

8. *Check* the answer that best completes the statement. During pregnancy, a woman's iron requirements:

☐ decrease, because she doesn't have her monthly periods.

☐ stay the same.

☒ increase, due to her increased blood volume during pregnancy.

9. Mark the following statements **TRUE** or **FALSE**.

**TRUE** Drinking water during pregnancy can help reduce constipation.

**FALSE** Hot Texas temperatures don't affect fluid requirements.

**TRUE** Foods and beverages other than water add to daily fluid intake.

10. For each pair of foods, *circle* the food that has the most fiber.

black beans / jelly beans

apple juice / apple slices with the skin on

“honey wheat” bread made with enriched flour / 100% whole-wheat bread

popcorn / marshmallows

11. *Check all* the statements that are correct.

☐ There are very strict standards that define what has to be in a vitamin-mineral supplement in order for it to be called a prenatal supplement.

☒ Most prenatal supplements have higher levels of iron and folic acid compared to regular multivitamin-mineral pills.

☐ Most prenatal vitamins supply over 100 percent of a pregnant woman’s daily calcium needs.

12. *Fill in* the blanks using the following terms:

Lacto-ovo-vegetarians eat eggs and dairy products, but no other animal products.

Vegans do not eat any animal products whatsoever.

Lacto-vegetarians include dairy products in their diet, but no other animal products.

13. Below are some key nutrients that vegetarians need to consider, especially during pregnancy. Match each nutrient to the statement it belongs with. (*Write the letter of the appropriate phrase in each blank.*)

a. iron

b. vitamin B<sub>12</sub>

c. calcium

d. vitamin D

- d   Milk, eggs, and sun exposure are the main sources of this vitamin.
- a   Vitamin C increases the absorption of this mineral.
- b   This vitamin is primarily found in animal products. Vegans can get it from fortified foods and nutritional yeast.
- c   Dairy products are the main source of this mineral. Non-dairy sources include tofu and enriched soy milk.

14. *List* three sources of iron for vegetarians.

**Possible answers include:**

- fortified breakfast cereals
- blackstrap molasses
- legumes
- tofu
- dried fruits
- enriched pasta
- enriched bread

## **Part 2: Weight Gain for a Healthy Pregnancy**

1. Mark the following statements **TRUE** or **FALSE**.

**FALSE**    A woman's pre-pregnancy weight is not related to her risk of pregnancy complications or poor birth outcomes.

**FALSE**    Most women should gain about 12 pounds during the first trimester.

**TRUE**    Underweight women have a greater chance of delivering a low-birthweight baby or an infant with restricted growth.

2. Women who are overweight or obese are at greater risk of certain complications and poor pregnancy outcomes. *List* three.

**Acceptable answers include:**

- gestational diabetes
- high blood pressure
- cesarian delivery
- inpatient hospitalization during pregnancy
- delivering an infant who is large for gestational age
- delivering a baby with birth defects, including neural-tube defects

3. *Check one* of the following choices. Weight-gain recommendations are based on a woman's pre-pregnancy:

_____ age.	_____ <input checked="" type="checkbox"/> BMI.
_____ shoe size.	_____ parity.

4. *Fill in* the blanks.

A woman of normal weight (with a pre-pregnancy BMI of 19.8–26.0) should gain  
\_\_\_\_\_ **25** \_\_\_\_\_ to \_\_\_\_\_ **35** \_\_\_\_\_ pounds during pregnancy.

5. *List* at least five components that make up a pregnant woman's weight gain.

**Acceptable answers include:**

- baby
- placenta
- uterus
- amniotic fluid
- breast tissue
- blood
- body fluids
- maternal fat stores

6. *Check all that apply.* Maternal fat:

☐ accounts for almost all of the weight gained during pregnancy.

☒ helps support the baby's growth.

☒ supplies energy during labor, delivery, and breastfeeding.

7. Marissa is 21 years old and has come to WIC for her initial certification. She is starting her 20th week of pregnancy. She is 5 feet 4 inches tall and her pre-pregnancy weight was 155 pounds. Based on her pre-pregnancy BMI, she's in the "overweight" category.

a. How much weight should Marissa gain? Between 15 and 25 pounds

b. Her current weight is 166 pounds. How many pounds has Marissa gained? 11 pounds

c. According to the prenatal weight-gain grid, by week 20 she should have gained between five and eight pounds. How would you describe her current rate of weight gain? *Check one:*

☐ She is on track. ☐ She is gaining too slowly. ☒ She is gaining too quickly.

d. Marissa explains that she is a full-time student and her meals usually consist of sandwiches, burgers, fries, sodas, and late-night pizzas with friends. She likes fruits and vegetables, but doesn't eat them much because she doesn't know how to cook. She says she knows that it's important to eat enough during pregnancy and adds that she's enjoyed "eating extra food for the baby." As for physical activity and exercise, she used to ride her bike to school, but quit after she found out she was pregnant.

Marissa is very interested in slowing down her weight gain and staying within the recommended range. *List* three practical suggestions you could discuss with Marissa.

**Possible suggestions include:**

- Walking or carrying out some other activity regularly throughout her pregnancy (with her doctor's approval).
- Choosing healthful, low-fat foods when she eats out with friends (skim milk, juice, or water instead of sodas; salads with low-fat dressings; sandwiches and burgers with lean meats and plenty of lettuce and tomatoes; going easy on the cheese, mayo, spreads, pizza, etc.).



- Eating more fruits and vegetables instead of extra pizza and other high-fat, high-calorie foods.
- Preparing more foods at home (simple and healthful snacks and meals).
- Using simple methods to prepare foods (as opposed to “cooking”); talk about steaming vegetables or making simple snacks like fruit and yogurt, etc.
- Taking a healthful lunch or even just healthful snacks (fruit, veggies, etc.) with her when she’s at school or on the go.

### **Part 3: Positive Health Habits for a Healthy Pregnancy**

1. *List five positive health habits for a healthy pregnancy.*

**Acceptable answers include:**

- getting prenatal care
- being physically active
- keeping teeth and gums healthy
- not smoking
- not taking drugs
- not drinking alcohol
- not taking nutritional supplements or herbal preparations without talking to a doctor
- taking medications only as prescribed

2. *Check all that apply.* A pregnant woman who wants to be physically active should:

☒ check with her doctor first.

☐ try things like downhill skiing, rock climbing, and horseback riding, since she won’t have time to do these things after the baby is born.

☒ avoid exercise that requires lying on her back after the first trimester.

☒ stay cool — avoid hot tubs, saunas, steam rooms, and activities outside in hot weather.

☐ push herself to the limit. No pain, no gain.

3. *Check all that apply.* Periodontal disease in pregnant women:

☒ can harm a woman's gums and teeth.

☐ causes bleeding gums in the unborn fetus.

☒ increases the risk for premature delivery, low birthweight, and preeclampsia.

☐ is a genetic disorder that cannot be prevented.

4. What are the early signs of periodontal disease?

**Inflamed, red, and bleeding gums (gingivitis)**

5. Mark each of the following statements **TRUE** or **FALSE**.

**FALSE** Smoking during pregnancy is no longer a public-health problem, since very few women in the U.S. smoke during their pregnancies.

**FALSE** The "Quit Line" offers materials and counseling for women who want to quit their jobs.

6. *Fill in* the blank.

Drinking alcohol during pregnancy can cause a number of problems, including serious birth defects, collectively known as **fetal alcohol syndrome**.

7. Read each Myth and then *respond* with a factual statement.

**Myth:** "It's OK to drink beer, wine, and wine coolers during pregnancy, since they aren't really 'hard liquor.'"

**Fact:** Drinking any kind of alcohol during pregnancy can be harmful.

**Myth:** "It's bad to drink early in your pregnancy but, once you reach the third trimester, it's OK to drink."

**Fact:** Alcohol can damage the fetus at every stage of pregnancy, including the third trimester.

8. *Check all that apply.* When a woman finds out she is pregnant, she should:
- ☐ stop taking all medications during her entire pregnancy.
  - ☒ contact her doctor to discuss any medications she's taking.
  - ☐ take aspirin as needed, but quit taking all other over-the-counter drugs.
  - ☐ use her own judgment about cutting down on the dose of a prescription medication.
9. *Check all that apply.* When a participant asks about using some sort of herbal or nutritional supplement, it's important to:
- ☒ find out why she wants to use a supplement.
  - ☐ recommend the least expensive brand.
  - ☒ explain that some supplements may contain very high levels of nutrients or other substances that could be dangerous during pregnancy.
  - ☒ advise her to talk with her doctor before taking any type of supplement.
10. *List* three basic food-safety practices for pregnant women.

**Possible answers include:**

- Don't eat raw or undercooked eggs, meat, poultry, fish, or shellfish.
- Don't consume unpasteurized milk, unpasteurized juices, or raw sprouts.
- Thoroughly wash hands, utensils, and kitchen surfaces.
- Keep raw meats and their juices separate from other foods.
- Use a cooking thermometer to ensure thorough cooking.
- Properly chill all leftovers and other foods that should be refrigerated.
- Don't eat soft cheeses such as Mexican-style cheeses.
- Limit the total amount of fish to 12 ounces a week.

11. *Circle* the correct word or phrase.

To prevent listeriosis, pregnant women should not eat ( soft cheeses / hard cheeses ), plus they should ( reheat / completely avoid ) hot dogs, luncheon meats, and cold cuts.

To prevent toxoplasmosis, a pregnant woman should ( freeze / cook ) all meat thoroughly. Also, she should have someone else ( change the cat's litter box / do the laundry ), or wear gloves if she does it herself.

Methylmercury may be present in high levels in certain ( cheeses / fishes ). If eaten on a regular basis, methylmercury can harm the ( mother's / fetus's ) developing brain and nervous system.

12. Mark each of the following statements **TRUE** or **FALSE**.

**TRUE** Caffeine crosses the placenta.

**TRUE** Caffeine can lead to more frequent urination, plus coffee and tea contain substances that reduce iron absorption.

**TRUE** Most health experts agree that pregnant women should avoid large amounts of caffeine.

## Part 4: Medical Conditions and Other Risk Factors

1. *Circle* the correct word or phrase.

Diabetes occurs when the body doesn't produce ( insulin / glucose / vitamin D ), or when the body isn't able to use the ( insulin / glucose / vitamin D ) that it does make.

2. *Check all that apply*. Women who develop gestational diabetes during pregnancy have an increased risk of:

✓ complications during pregnancy.

✓ developing type 2 diabetes at some point in the future.

✓ developing gestational diabetes during a future pregnancy.

3. *Check all that apply.* A pregnant woman with diabetes:

- ☒ is at risk for complications if she doesn't control her blood sugar.
- ☐ must stop all types of physical activity.
- ☒ should monitor her glucose levels regularly.

4. *Check all that apply.* A person who is HIV positive can pass the virus along to others in the following ways:

- ☒ through unprotected sex
- ☐ by using the same toilet
- ☒ through blood transfusions
- ☒ by mother-to-child transmission during pregnancy, delivery, or breastfeeding
- ☐ by using the same drinking fountain

5. Mark the following statement **TRUE** or **FALSE**.

**FALSE** Most women who practice high-risk behaviors related to HIV are aware that they've put themselves at risk, and most of these women get tested to see if they have the virus.

6. Mark each of the following statements **TRUE** or **FALSE**.

**TRUE** A woman who takes medication for chronic high blood pressure should continue doing so during pregnancy, according to her doctor's instructions.

**FALSE** When a woman with no history of high blood pressure develops high blood pressure during pregnancy, it's known as *anemia*.

**TRUE** There's no sure way to prevent high blood pressure during pregnancy, so the most important thing is to get early and regular prenatal care.

7. *Check all that apply.* Gestational hypertension:

- ☐ develops during pregnancy and then becomes a chronic, lifelong condition for the woman.
- ☒ can be mild, with only a slight rise in blood pressure.
- ☐ can be prevented by following a low-salt diet.

8. *Check one* of the following choices. Iron-deficiency anemia develops when:

- ☐ the body's calcium stores get too low.
- ☒ the body's iron stores get too low.
- ☐ the level of glucose in the blood gets too high.
- ☐ a woman's blood pressure gets too high.

9. Mark each of the following statements **TRUE** or **FALSE**.

- TRUE** When a pregnant woman is certified for the WIC program, WIC staff screen for anemia by checking either her hematocrit or her hemoglobin level.
- FALSE** Treatment of iron-deficiency anemia usually involves taking a daily insulin shot.

10. Mark each of the following statements **TRUE** or **FALSE**.

- TRUE** *Pica* refers to eating nonfood substances like clay, dirt, baking soda, starch, ashes, chalk, or large quantities of ice.
- FALSE** Pica probably occurs much less often than people think.
- TRUE** Pica can lead to anemia, lead poisoning, small-bowel obstruction, infections from parasites, and other problems.
- FALSE** Eating ice is a harmless form of pica and shouldn't be seen as a problem.

11. *Check all that apply.* Depression during pregnancy:

- ☒ can impact the health of both the woman and the fetus.
- ☐ is not treatable.
- ☒ is common in women of low socioeconomic status.

12. *List* two reasons that teen pregnancies are considered to be high risk.

**Possible answers include:**

- Teens are still growing, so they have higher requirements for nutrients related to growth.
- It's likely that there's increased competition for nutrients between the pregnant teen and her fetus.
- Teens have a reputation for eating a poor diet (choosing foods that are low in key vitamins and minerals, and high in overall fat, saturated fat, and simple sugars).
- Many teenage girls have a poor body image, and dieting is common.
- Teens often engage in risky behaviors such as having unsafe sex and experimenting with or using alcohol, drugs, or cigarettes.
- Teens are less likely to get early and regular prenatal care.

13. *Check all that apply.* A woman pregnant with twins should:

- ☒ get early and regular prenatal care.
- ☐ gain 20 pounds or less to avoid postpartum obesity.
- ☒ gain between 35 and 45 pounds.

14. Mark each of the following statements **TRUE** or **FALSE**.

- FALSE** Leaving an abusive situation is always the safest choice for a woman.
- TRUE** Many physicians don't screen their patients for domestic violence unless they suspect that abuse may be a problem.
- FALSE** Victims of domestic violence always have apparent symptoms or signs of abuse.

## Part 5: Common Discomforts of Pregnancy

1. *Check all that apply.* The nausea and vomiting symptoms that pregnant women commonly experience:

☐ only happen during the morning hours.

☒ can be intense — similar to the nausea and vomiting experienced by chemotherapy patients.

☐ always go away by the end of the first trimester.

2. *List three tips to pass along to women to help them manage their nausea and vomiting.*

**Possible answers include:**

- Avoid strong, offensive smells.
- Get plenty of fresh air, especially in the bedroom, kitchen, and eating areas.
- Try eating smaller, more frequent meals. Avoid spicy, greasy, or fried foods.
- After waking up, try eating crackers, dry toast, or a handful of dry cereal. Then rest in bed for a while before slowly getting up.
- Drink liquids between meals, not with them. Avoid drinks with caffeine. Try cold, sweet beverages or drinks that are bubbly.
- Find out by trial and error which foods lessen the nausea, and eat those foods to avoid an empty stomach.
- Never take medication for nausea without a doctor's approval. Also, talk with a doctor before trying any sort of alternative treatment.

3. *Check all that apply.* Which are good suggestions for pregnant women who experience indigestion or heartburn?

☐ Eat large meals that are high in fat.

☒ Wear clothes that are loose around the waist.

☒ Avoid spicy foods and greasy or fried foods.



- ☒ Don't take antacids or other medicine without talking with a doctor first.
- ☐ Bend over for one hour immediately after eating.

4. *List* three tips for women who experience constipation.

**Possible answers include:**

- Drink eight to 10 glasses of water every day.
- Eat whole-grain breads and cereals and brown rice.
- Eat plenty of fruits and vegetables.
- Eat dried fruits such as prunes, apricots, and raisins, or drink prune juice.
- Get plenty of exercise. Walking is best.
- Never take a laxative or home remedy for constipation without your doctor's approval.

5. *Check one* of the following choices. If a pregnant participant complains of symptoms such as leg cramps, hemorrhoids, backache, or nosebleeds, WIC staff should:

- ☐ immediately send her to the nearest hospital emergency room.
- ☐ assure her that these are common complaints during pregnancy and she should just ignore them.
- ☒ encourage her to talk to her doctor about any discomforts she's having.
- ☐ encourage her to try over-the-counter treatments or alternative therapies so that she won't have to bother seeing a doctor.